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ABSTRACT

Based on the formula of love, laughter, limits, and linkages, this book presents practical, parent-tested ways parents can help their adolescent children become emotionally intelligent. The book is presented in three parts. Part 1 concerns parent preparation for raising an emotionally intelligent teenager, discusses the importance of parenting by choice rather than by chance, and presents a model of parenting using love, laughter, limits, and linkages to meet teenagers' essential developmental needs for appreciation, belonging, competencies, confidence, and contributions. This part also examines how to make one's house an oasis against stress. Part 2 presents the tools for putting the parenting ideas into action, focusing on parental skills of evaluating, selecting, and proceeding when interacting with teens in stressful situations. This part also identifies signals given by teens to let their parents know their feelings and their needs. Part 3 contains examples of how parents have used the tool kit with their own teenagers and includes vignettes with parent-child dialogues to illustrate how the tools are used in real-world, complicated situations. The boundaries between unusual and worrisome teenage behavior are also explored, with advice for parents on obtaining professional opinions. The final chapter of the book is intended for parents and teenagers to read together, focusing on the emotions of being a teenager. Appended is a discussion of emotionally intelligent parenting circles and networks, an outline for conducting emotionally intelligent parenting circles, and guidelines for reading and for leading discussions. (Lists 28 recommended readings.) (KB)

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